

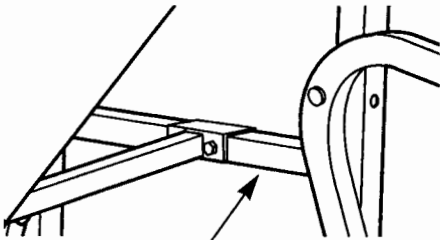
# **WEIDER® 140**

**WEIGHT BENCH COMBO**

Model No. WEBE14070

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



Serial Number Decal

## **QUESTIONS?**

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

**1-800-999-3756**

Mon.-Fri., 6 a.m.-6 p.m. MST

## **CAUTION**

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

**PATENT PENDING**



## **USER'S MANUAL**

# TABLE OF CONTENTS

LIMITED WARRANTY .....	2
IMPORTANT PRECAUTIONS .....	3
BEFORE YOU BEGIN .....	4
PART IDENTIFICATION CHART .....	5
ASSEMBLY .....	6
USING THE WEIGHT BENCH .....	10
EXERCISE GUIDELINES .....	11
PART LIST .....	14
EXPLODED DRAWING .....	15
ORDERING REPLACEMENT PARTS .....	Back Cover

WEIDER is a registered trademark of ICON Health & Fitness, Inc.

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, consistent with applicable instructions and warnings, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

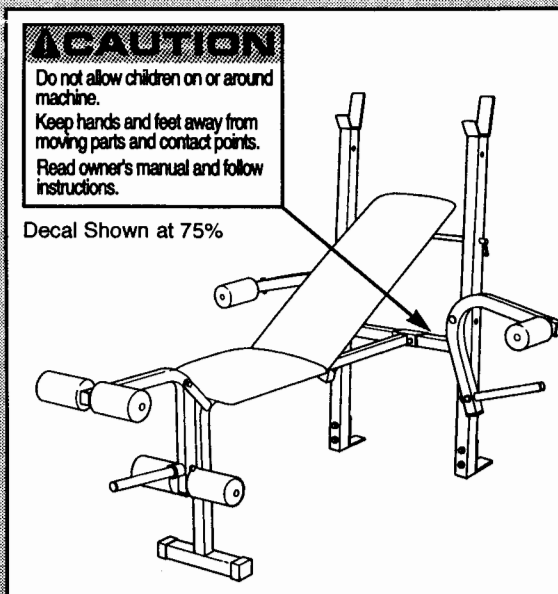
This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**

# IMPORTANT PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench.
2. Use the weight bench only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
5. Inspect and tighten all parts regularly; replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the weight bench at all times.
7. Always be sure there is an equal amount of weight on each side of the barbell when you are using it.
8. Do not use a barbell longer than five feet with the weight bench.
9. When you are using the leg lever, place the barbell with the same amount of weight on the weight rests to balance the bench.
10. Always wear athletic shoes for foot protection while exercising.
11. Keep hands and feet away from moving parts.
12. The weight bench is designed to support a maximum of 360 pounds, including the user, a weight bar, and weights. Do not place more than 110 pounds, including a weight bar and weights, on the weight rests; do not place more than 30 pounds on each fly arm; do not place more than 50 pounds on the leg lever.
13. When using the backrest in an inclined position, make sure that the support rod is inserted completely through the "H"-frame, and that the support rod is turned to the locked position.
14. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
15. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
16. **WARNING DECAL PLACEMENT:** The decal shown below has been placed on the weight bench. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the replacement decal to the location shown.



**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

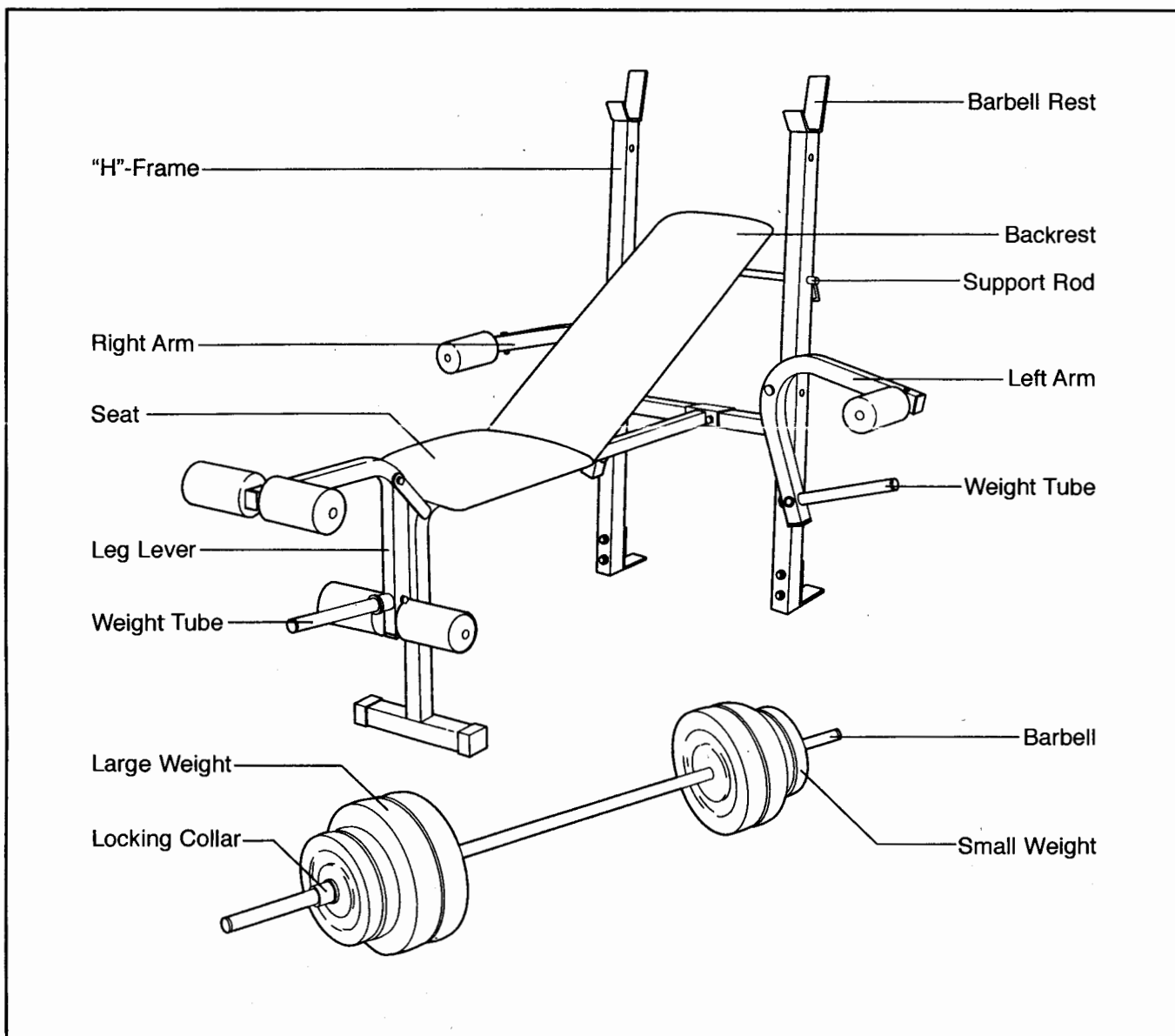
# BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 140 Weight Bench. The WEIDER® 140 Weight Bench is designed to let you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the WEIDER® 140 Weight Bench will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the WEIDER® 140 Weight Bench.** If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday

through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE14070. The serial number can be found on a decal attached to the WEIDER® 140 Weight Bench (see the front cover of this manual).

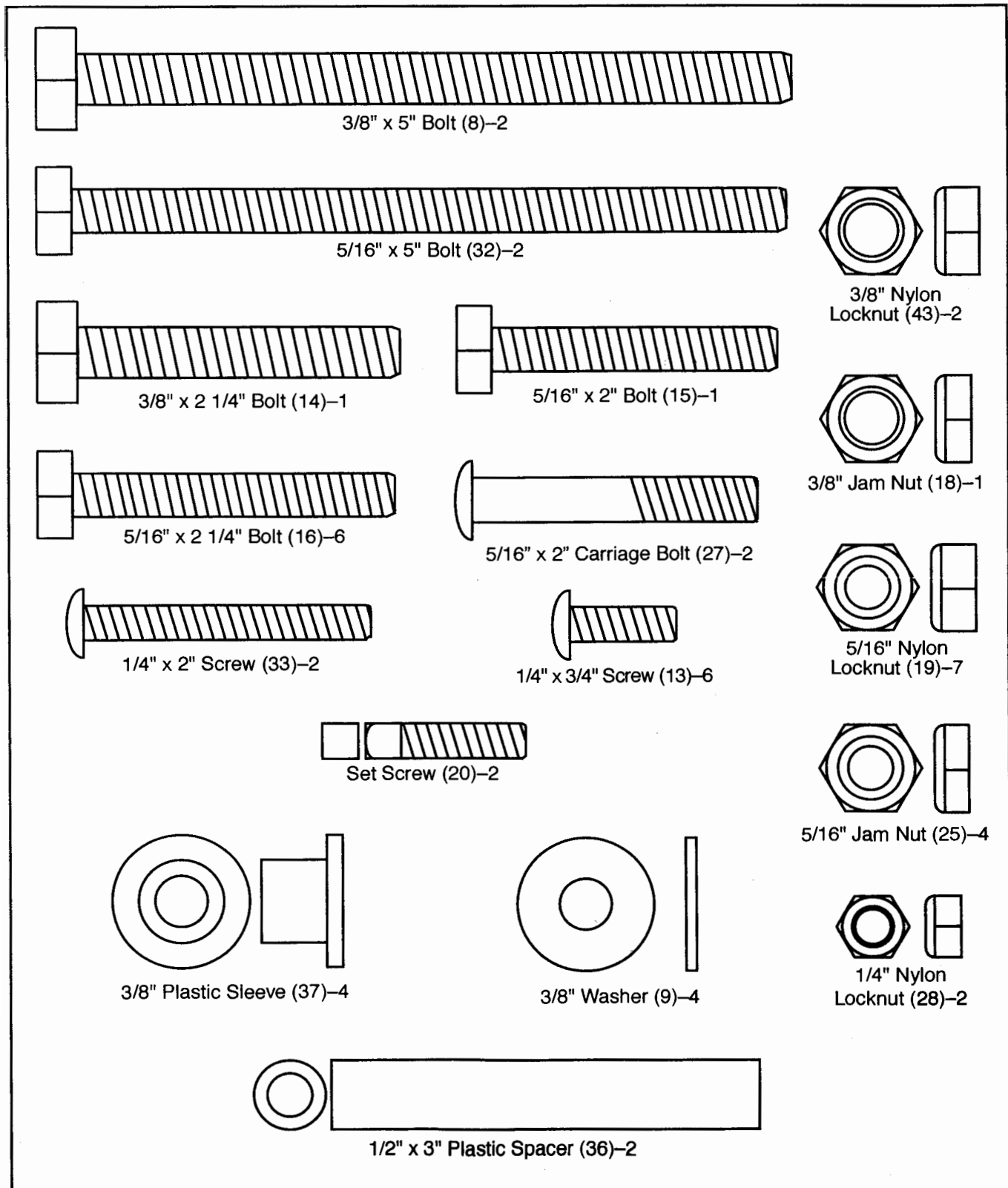
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



# PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check**

**to see if it has been pre-assembled.** The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly.


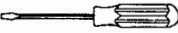



# ASSEMBLY

**Before beginning assembly, carefully read the following information and instructions:**

- Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- For help identifying the small parts used in assembly, use the PART IDENTIFICATION CHART on the previous page.
- As you assemble the weight bench, be sure that all parts are oriented as shown in the drawings.

**THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:**

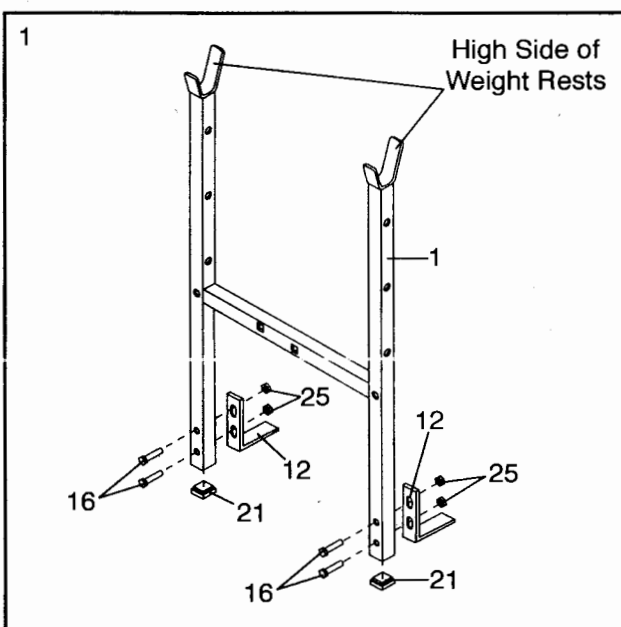
- **Two (2) adjustable wrenches** 
- **One (1) standard screwdriver** 
- **One (1) rubber mallet** 
- **Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.**

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before you assemble the weight bench, be sure that you have read and understand the information in the box above.**

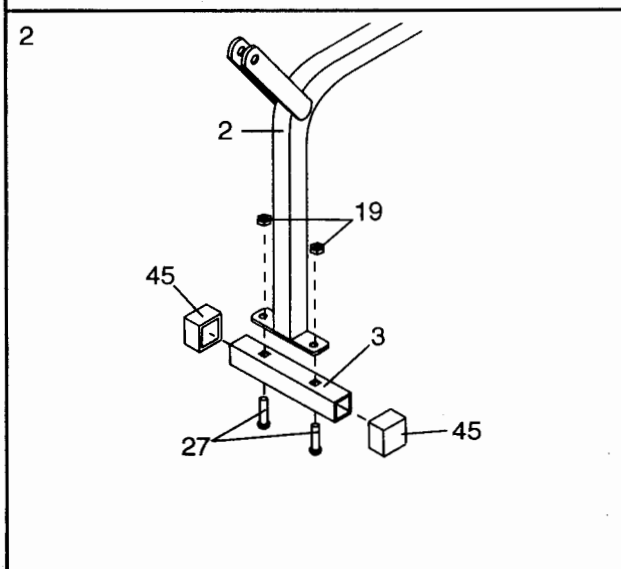
Press a 1 3/4" Square Inner Cap (21) into each side of the "H"-Frame (1).

Attach each "L"-Bracket (12) to the indicated side of the "H"-Frame (1) with two 5/16" x 2 1/4" Bolts (16) and two 5/16" Jam Nuts (25) as shown. **Be sure that the "H"-Frame (1) is oriented as shown. The high side of the weight rests must be on the side indicated.**



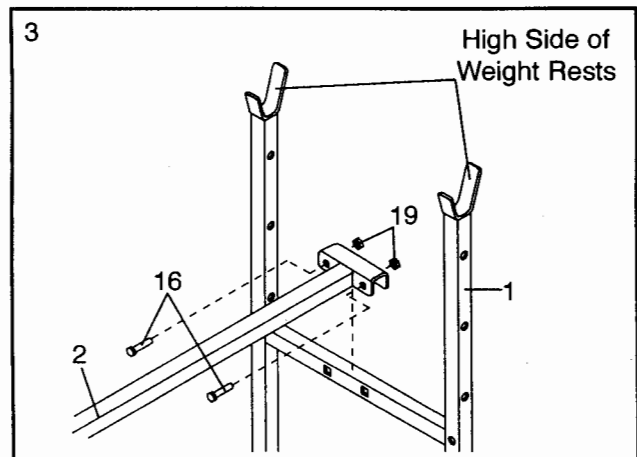
2. Press a 1 1/2" Square Outer Cap (45) onto each end of the Stabilizer (3).

Attach the Stabilizer (3) to the Main Frame (2) with the two 5/16" x 2" Carriage Bolts (27) and two 5/16" Nylon Locknuts (19).



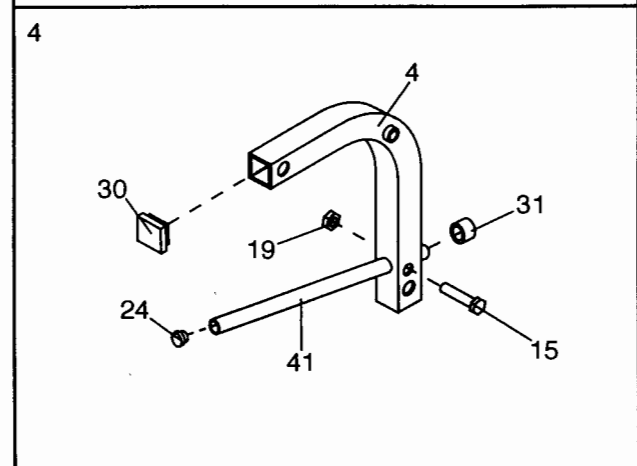


3. Be sure that the "H"-Frame (1) is oriented as shown. The high side of the weight rests must be on the side indicated. Attach the Main Frame (2) to the "H"-Frame (1) with two 5/16" x 2 1/4" Bolts (16) and two 5/16" Nylon Locknuts (19).

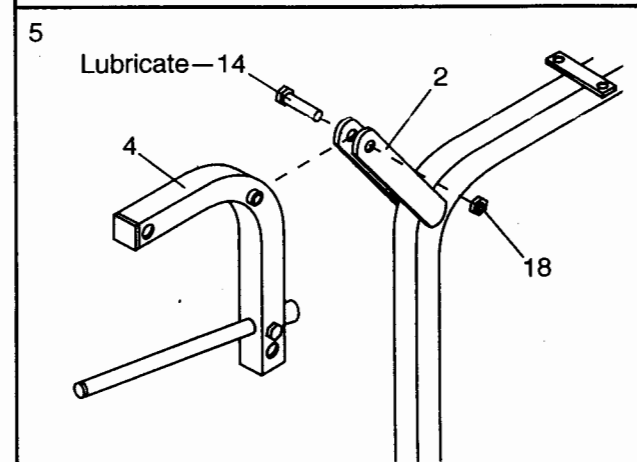


4. Attach the 11 3/4" Weight Tube (41) to the Leg Lever (4) with a 5/16" x 2" Bolt (15) and a 5/16" Nylon Locknut (19).

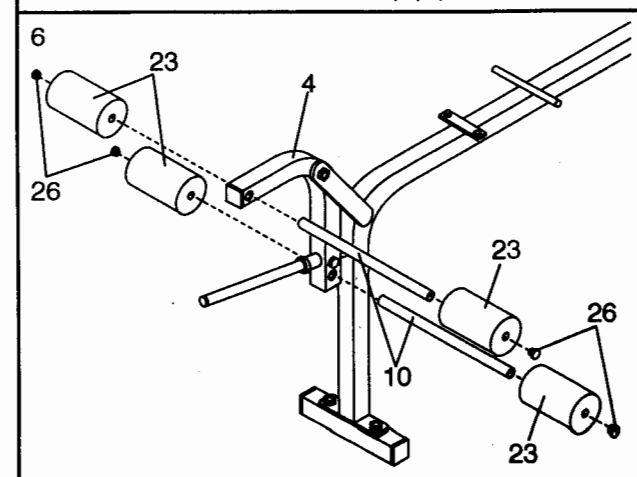
Press a 1" Round Inner Cap (24) into the indicated end of the 11 3/4" Weight Tube (41). Press the 1" Angled Round Cap (31) onto the Weight Tube. Press a 1 1/2" Square Inner Cap (30) into the indicated end of the Leg Lever (4).



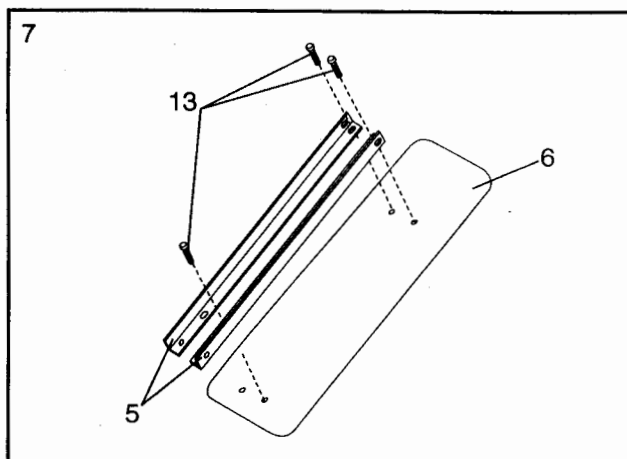
5. Lubricate the 3/8" x 2 1/4" Bolt (14). Attach the Leg Lever (4) to the Main Frame (2) with the 3/8" x 2 1/4" Bolt and a 3/8" Jam Nut (18). **Do not overtighten the Jam Nut. The Leg Lever must be able to pivot freely.**



6. Tap two 3/4" Round Inner Caps (26) into each Pad Tube (10). Insert the Pad Tubes through the holes in the Leg Lever (4). Slide two Foam Pads (23) onto each Pad Tube.



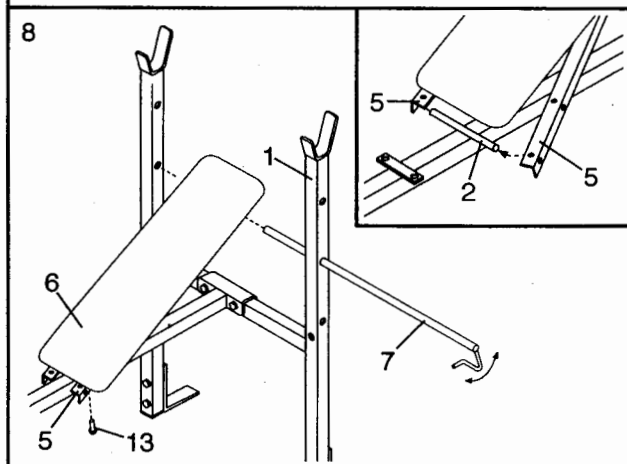
7. Attach one Backrest Bracket (5) to the Backrest (6) with two 1/4" x 3/4" Screws (13). **Be sure the Backrest Bracket is oriented as shown.** Attach the other Backrest Bracket to the Backrest with one 1/4" x 3/4" Screw. **Be sure the Backrest Bracket is also oriented as shown.** Note: Do not tighten the three Screws. The fourth 1/4" x 3/4" Screw will be attached at the end of step 8.



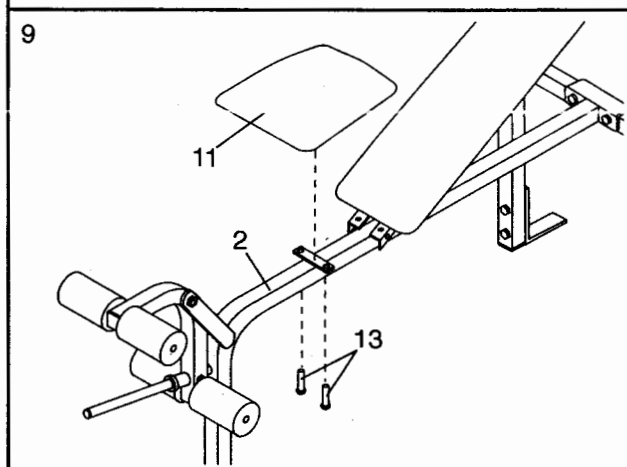
8. Insert the Support Rod (7) through one of the three sets of holes in the "H"-Frame (1). Rotate the Support Rod to the locked position, with the end of the Support Rod clipped onto the "H"-Frame.

See the inset drawing. Slide the ends of both Backrest Brackets (5) onto the pin on the Frame (2).

Attach the free end of the Backrest Bracket (5) to the Backrest (6) with a 1/4" x 3/4" Screw (13). **Fully tighten all four 1/4" x 3/4" Screws.**



9. Attach the Seat (11) to the bracket on the Main Frame (2) with two 1/4" x 3/4" Screws (13).

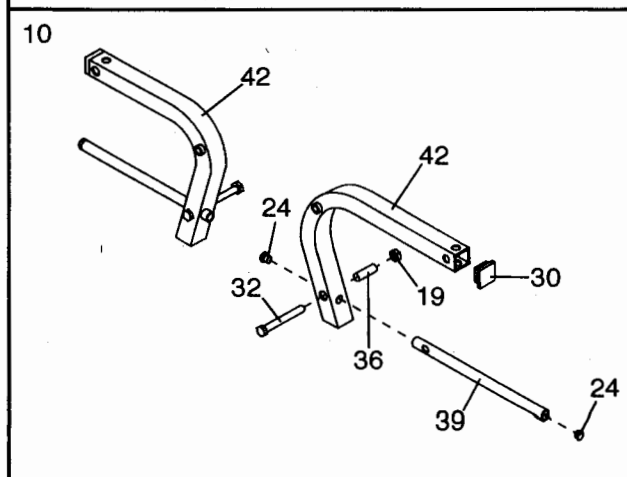


10. Press a 1 1/2" Square Cap (30) into the indicated end of one of the Fly Arms (42).

Attach an 11" Weight Tube (39) to the Fly Arm (42) with a 5/16" x 5" Bolt (32), a 1/2" x 3" Plastic Spacer (36), and a 5/16" Nylon Locknut (19) as shown.

Press a 1" Round Cap (24) into each end of the 11" Weight Tube (39).

**Assemble the other Fly Arm (42) in the same manner; however this Fly Arm should be a mirror image of the first one, as shown.**





11. Press two 3/8" Plastic Sleeves (37) into the "H"-Frame (1) as shown.

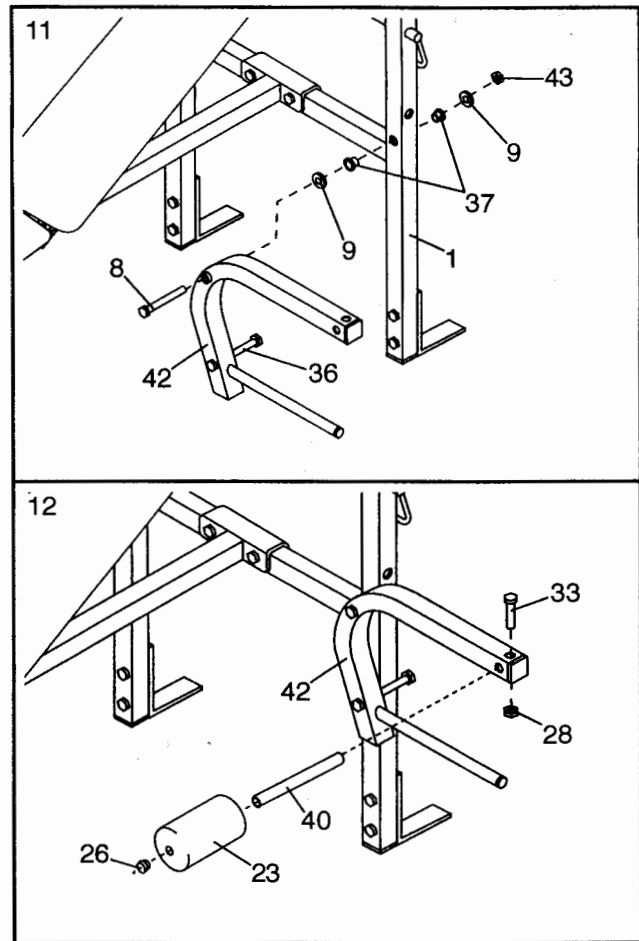
Lubricate a 3/8" x 5" Bolt (8). Insert the Bolt through the hole in the indicated Fly Arm (42). Slide a 3/8" Washer (9) onto the Bolt. Insert the Bolt through the "H"-Frame and the Plastic Sleeves (37). **Make sure that the 1/2" x 3" Plastic Spacer (36) is resting against the outside of the "H"-Frame.** Slide another 3/8" Washer onto the Bolt and tighten a 3/8" Nylon Locknut (43) onto it.

Repeat this step to assemble the other Fly Arm (not shown).

12. Attach a 9" Pad Tube (40) to one of the Fly Arms (42) with a 1/4" x 2" Screw (33) and a 1/4" Nylon Locknut (28). Slide a Foam Pad (23) onto the Pad Tube.

Press a 3/4" Round Inner Cap (26) into the indicated end of the 9" Pad Tube (40).

Repeat this step to assemble the other Fly Arm (not shown).



# USING THE WEIGHT BENCH

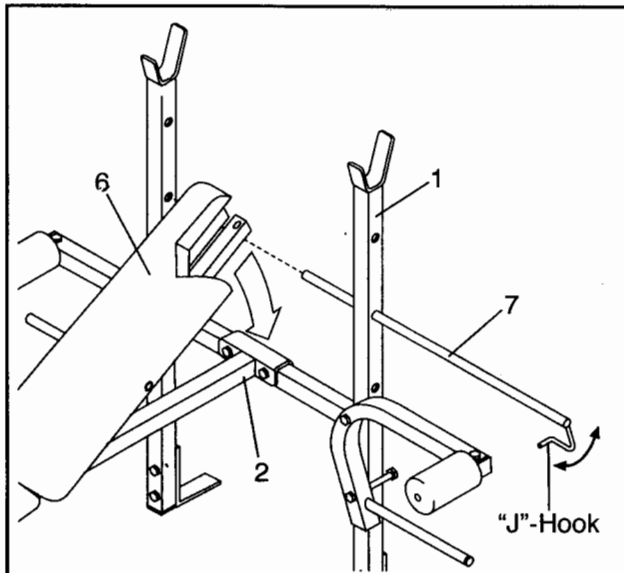
The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 11 for important exercise information and refer to the accompanying exercise poster to see the correct form for each exercise.

Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

## ADJUSTING THE BACKREST

The Backrest (6) can be used in either a level position or an inclined position. To use the Backrest in a level position, remove the Support Rod (7) and lay the Backrest on the Main Frame (2).

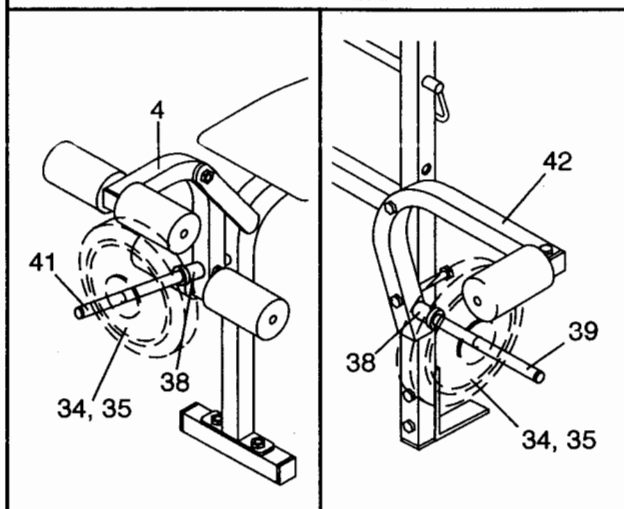
To use the Backrest (6) in an inclined position, first lift the Backrest. Insert the Support Rod (7) through one of the three sets of holes in the "H"-Frame (1). Rotate the Support Rod to the locked position, with the "J"-Hook around one side of the "H"-Frame. Lay the Backrest on the Support Rod.



## ATTACHING WEIGHTS TO THE WEIGHT BENCH

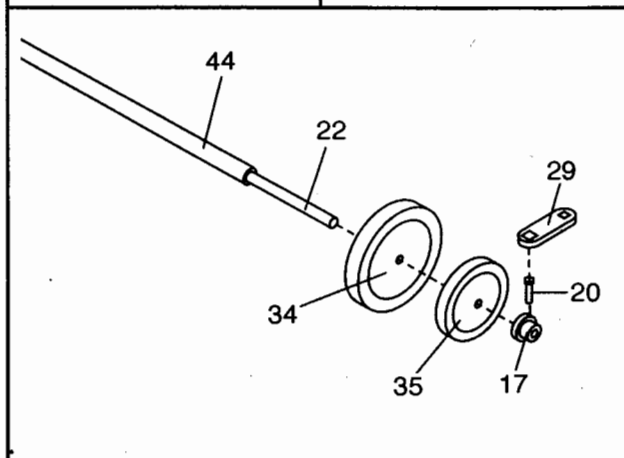
To use the Leg Lever (4), first slide a Weight Stop (38) onto the 11 3/4" Weight Tube (41). Next, slide the desired Large and Small Weights (34, 35) onto the Weight Tube. **WARNING: Do not place more than 50 pounds on the Leg Lever.**

To use the Arms (42), first slide a Weight Stop (38) onto the 11" Weight Tubes (39). Next, slide the desired Large and Small Weights (34, 35) onto the Weight Tubes. **WARNING: Do not place more than 30 pounds on each Arm.**



## ATTACHING WEIGHTS TO THE BARBELL

Slide the same number of Large and Small Weights (34, 35) onto each end of the Barbell (22). Slide a Collar (17) onto each end of the Barbell. Slide the Collars and the Weights against the Nylon Sleeve (44). Firmly tighten the Set Screws (20) with the Set Screw Wrench (29). Make sure that the Weights cannot move back and forth on the Barbell.



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# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

### • Muscle Building

In order to increase the size and strength of your muscles, you must push your muscles to a high percentage of their capacity. You must also progressively increase the intensity of your exercise so that your muscles will continually adapt and grow. Each individual exercise can be tailored to the proper intensity level by changing the amount of weight used, or the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions performed consecutively.)

The proper amount of weight for each exercise depends upon the individual user. It is up to you to gauge your limits. Select the amount of weight that you think is right for you. Begin with 3 sets of 8 repetitions for each exercise that you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

### • Toning

To tone your muscles, you must push your muscles to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

### • Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

### • Cross Training

In the pursuit of a complete and well-balanced fitness program, many have found that cross training is the answer. We recommend that on Monday, Wednesday and Friday, you plan weight training workouts. On Tuesday and Thursday, plan 20 to 30 minutes of aerobic exercise, such as cycling, running or swimming. Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate. By combining weight training with aerobic exercise, you can reshape and strengthen your body, plus develop a stronger heart and lungs.

## PERSONALIZING YOUR EXERCISE PROGRAM

We have not specified an exact length of time for each workout, or a specific number of repetitions or sets for each exercise. It is very important to avoid overdoing it during the first few months of your exercise program, and to progress at your own pace. If you experience pain or dizziness at any time while exercising, stop immediately and begin to cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are also important.

### WARMING UP

Begin each workout with 5 to 10 minutes of light stretching and exercise to warm up. Warming up prepares your body for exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

### WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, with emphasis on the areas that you want to develop the most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

### EXERCISE FORM

In order to obtain the greatest benefits from exercising, it is essential to maintain proper form.

Maintaining proper form means moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise poster accompanying this manual, you will find photographs showing the correct form for several exercises. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart on page 12 to find the locations of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke; never hold your breath. Rest

for 3 minutes after each set if you are doing a muscle building workout, 1 minute after each set if you are doing a toning workout, and 30 seconds after each set if you are doing a weight loss workout. Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

### COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch—do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

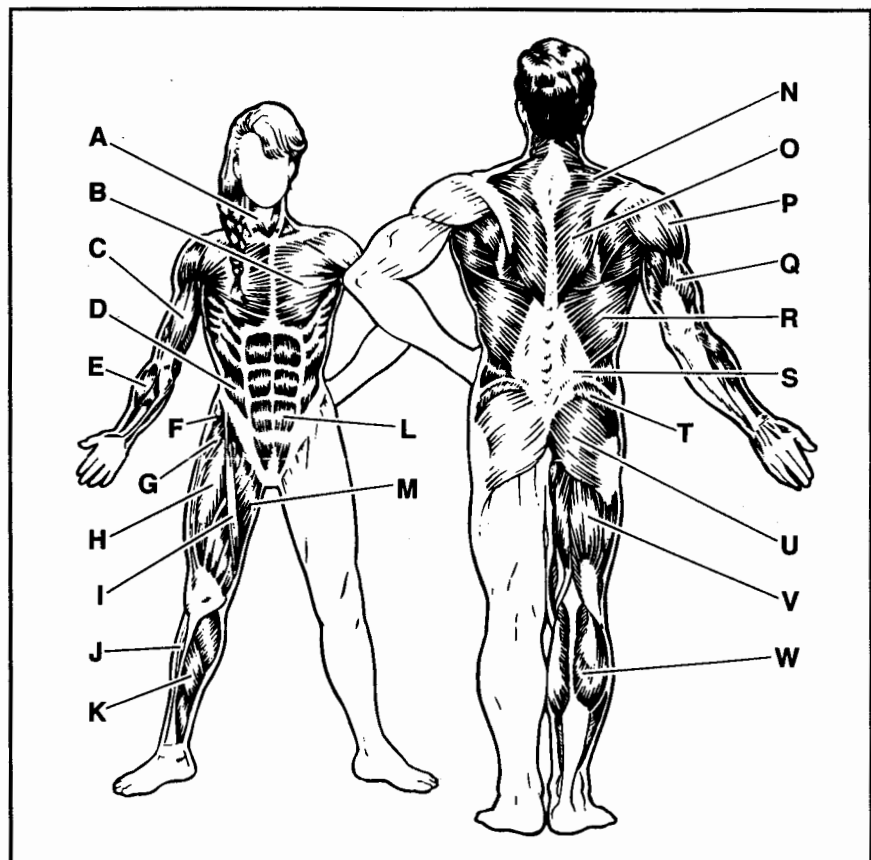
### STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 13 of this manual can be photocopied and used to schedule and record your workouts. List the date, exercises performed, weight, and numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month.

Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

### MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)



<b>MONDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: / /				

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**TUESDAY      AEROBIC EXERCISE**  
 Date: / /

<b>WEDNESDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: / /				

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**THURSDAY      AEROBIC EXERCISE**  
 Date: / /

<b>FRIDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: / /				

Make photocopies of this page for scheduling and recording your workouts.

# PART LIST—Model No. WEBE14070

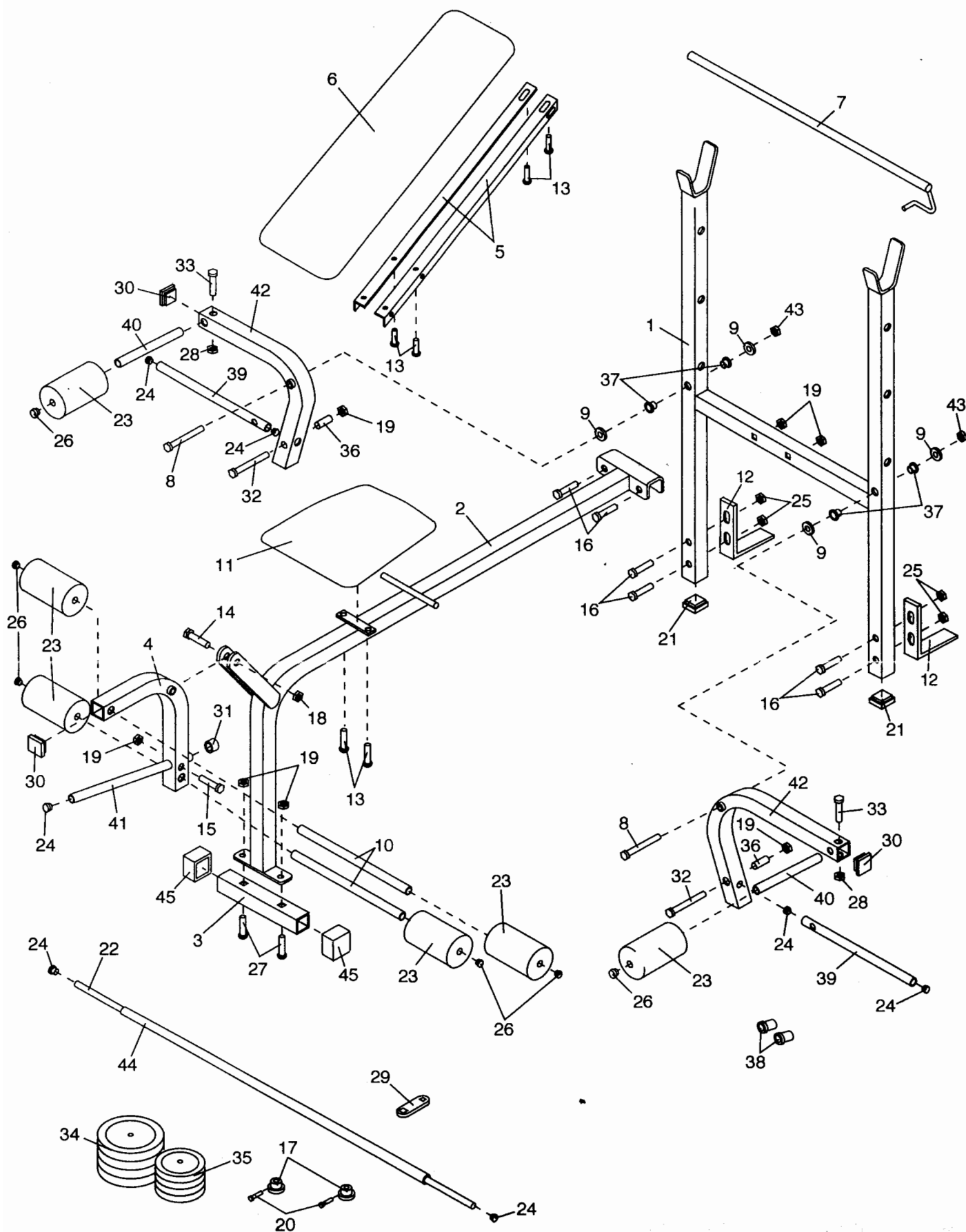
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	"H"-Frame	25	4	5/16" Jam Nut
2	1	Main Frame	26	6	3/4" Round Inner Cap
3	1	Stabilizer	27	2	5/16" x 2" Carriage Bolt
4	1	Leg Lever	28	2	1/4" Nylon Locknut
5	2	Backrest Bracket	29	1	Set Screw Wrench
6	1	Backrest	30	3	1 1/2" Square Inner Cap
7	1	Support Rod	31	1	1" Angled Round Cap
8	2	3/8" x 5" Bolt	32	2	5/16" x 5" Bolt
9	4	3/8" Washer	33	2	1/4" x 2" Screw
10	2	Pad Tube	34	4	Large Weight
11	1	Seat	35	4	Small Weight
12	2	"L"-Bracket	36	2	1/2" x 3" Plastic Spacer
13	6	1/4" x 3/4" Screw	37	4	3/8" Plastic Sleeve
14	1	3/8" x 2 1/4" Bolt	38	2	Weight Stop
15	1	5/16" x 2" Bolt	39	2	11" Weight Tube
16	6	5/16" x 2 1/4" Bolt	40	2	9" Pad Tube
17	2	Collar	41	1	11 3/4" Weight Tube
18	1	3/8" Jam Nut	42	2	Fly Arm
19	7	5/16" Nylon Locknut	43	2	3/8" Nylon Locknut
20	2	Set Screw	44	1	Barbell Sleeve
21	2	1 3/4" Square Inner Cap	45	2	1 1/2" Square Outer Cap
22	1	Barbell	#	1	User's Manual
23	6	Foam Pad	#	1	Exercise Poster
24	7	1" Round Inner Cap			

"#" Indicates a non-illustrated part. Specifications subject to change without notice. See back cover for information on ordering replacement parts.

# EXPLODED DRAWING—Model No. WEBE14070

R1097A





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## ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

1. The MODEL NUMBER of the product (WEBE14070).
2. The NAME of the product (WEIDER® 140 Weight Bench).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the desired part(s) (see page 14 of this manual).